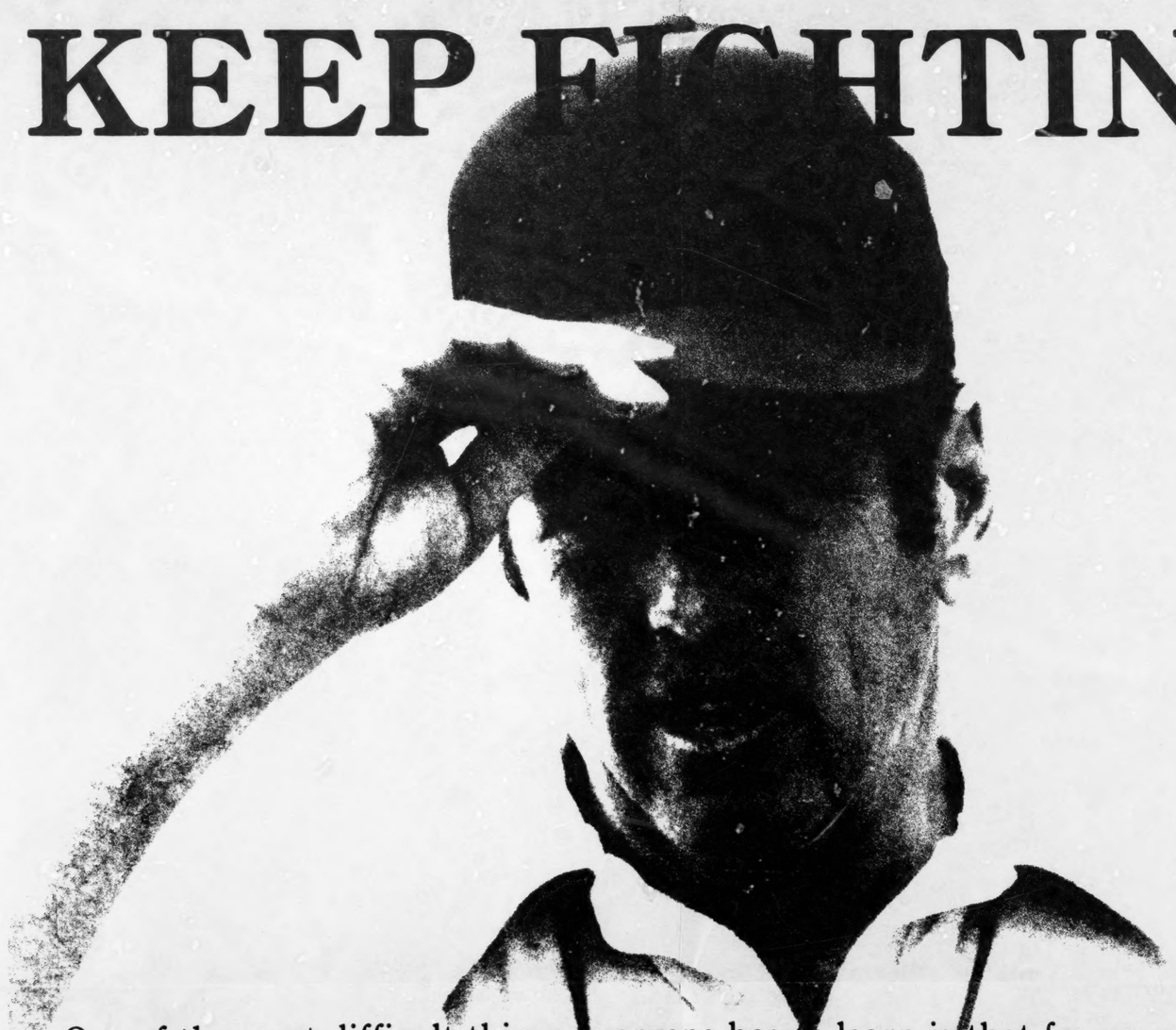
# KEEP FIGHTING



One of the most difficult things everyone has to learn is that for your entire life you must "keep fighting" and adjusting if you hope to survive.

Every day is a fight of some type. Some are pleasant, others are not. No matter who you are or what your position, you must "keep fighting" for whatever you desire to achieve.

It doesn't seem right and it doesn't seem fair, but this is the way life is. It is a constant struggle of fighting within yourself to be physically fit and strong when you take on the battle of life.

If someone is not aware of this contest and expects otherwise, then constant disappointment occurs. People who fail sometimes do not realize that the simple answer to everyday achievement is to keep fighting.

It's challenging and exciting. The tougher the job the greater the reward, but winners are in shape and keep fighting. Losers don't know why they are losing.

It's strange, but health, happiness and success depends upon the **fighting spirit** of each person.

*The big thing is not what happens to us in life--but what we DO about what happens to us.*

**Work hard and watch the good things happen!**

George H. Allen

by **George H. Allen**
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